

# White Grapefruit

*Citrus X paradisi* 5 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**CP** **TG** Certified Pure Therapeutic Grade®

**Application:** **A** **T** **I** **N**

**Plant Part:** Peel

**Extraction Method:** Cold pressed

**Aromatic Description:** Citrusy, fresh, fruity, and slightly bitter

**Main Chemical Components:** Limonene, myrcene

## PRIMARY BENEFITS

- Aroma refreshes the senses and creates an uplifting environment
- May help in the digestive process when taken internally\*
- Known for its skin and dental cleansing properties
- May help support gastrointestinal health and metabolism when taken internally\*

### White Grapefruit

*Citrus X paradisi* 5 mL

Wholesale: \$19.00

PV: 19

\*not available for individual sale



## PRODUCT DESCRIPTION

White Grapefruit's name comes from the color of its white peel but shares similar chemistry and characteristics of other grapefruit varieties. Not quite as sweet as its pink grapefruit cousin, the aroma of White Grapefruit still evokes a fruity, citrusy tone. High in Limonene, the oil is cold pressed from the fresh peel. This oil shines at creating a fresh, sweet environment. Ideal as a joy-enhancing air freshener, the scent of White Grapefruit is clarifying, cheering and uplifting. White Grapefruit is high in limonene, which makes it great for skin and dental cleansing. It may also help support gastrointestinal health and metabolism when taken internally.\*

## USES

- Diffuse throughout your home to create a light and refreshing atmosphere.
- Add one drop to facial cleansers, shampoos, or toothpastes for added cleansing properties.
- Place one to two drops in the palm of your hand, rub together, and cup over the nose and mouth for 30 seconds to refresh the senses.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Internal use:** Dilute one drop in four fluid ounces of liquid.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.